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SENS SHARE WITH KIDS

Ottawa Senators forward Jean-Gabriel Pageau signs an autograph for 12-year-old Marco Tocchi at the Ottawa Children's Treatment Centre on Monday during a news conference to honour GM Bryan Murray. See story on page 4 LUCY SCHOLEY/METRO

Wallin accused of expense fraud

RCMP. Suspended Senator Pamela Wallin has been under the microscope as a result of news stories in 2012 and early 2013

The RCMP is accusing Pamela Wallin of breach of trust and fraud over inappropriate travel expenses she claimed when she was a Conservative senator representing Saskatchewan, according to court documents.

The investigation involves 150 "suspicious" travel expense claims Wallin filed between Jan. 13, 2009, and Sept. 25, 2012, including 24 trips related to her work for corporate boards, according to the documents released by the Ottawa courthouse Monday.

RCMP Cpl. Rudy Exantus filed the documents Jan. 27 as a way to seek more records regarding those 24 expenses from Toronto-based Porter Airlines and Gluskin Sheff +

Other senators

The investigations against former Conservative senators Mike Duffy and Patrick Brazeau and former Liberal Mac Harb resulted in charges, but none have yet reached trial.

- Wallin was suspended from the Senate, along with Duffy and Brazeau, in November 2013. Harb retired in August 2013.

Associates Inc., two of the corporate boards where Wallin was a director.

The document says the amount in question is \$27,493 for 11 different dates related to Porter Airlines and 13 meetings related to Gluskin Sheff.

The investigation into the rest of the 150 claims is ongoing, says the document, which notes the RCMP examined 246 claims in total.

"I believe Senator Pamela Wallin has committed the offences of Breach of Trust and

Fraud by submitting fraudulent expense claims to the Senate of Canada, Exantus wrote.

"I believe that Senator Wallin travelled to Toronto to pursue personal and business interests, and later represented to the Senate that these travels were parliamentary related as she sought reimbursement for expenses incurred during these travels."

Wallin is the last of four senators who were under the RCMP microscope as a result of damaging news stories in late 2012 and early 2013.

Those stories prompted the Senate to investigate the senators, call in the Deloitte audit firm and later to refer questionable claims to the RCMP.

The auditor general then undertook an ongoing audit of all senators' expense accounts. That audit is expected to report in mid to late spring.

However, the RCMP investigation into Wallin is continuing. No charges have yet been laid, and none of the allegations tested in court.

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'Meet a Muslim' program can lead to understanding: Prof

Community. Ahmadiyya Muslim Jama'at says more than 100 families have signed up

JOE LOFARO
joe.lofaro@metronews.ca

The Ahmadiyya Muslim Jama'at group started a program earlier this month across Canada, and Ottawa families have already opened their doors to dispel the misconceptions about their religion with their neighbours.

Professor Karim H. Karim, director for the Carleton University Centre for the Study of Islam, said the program is long overdue in a time when neighbours don't talk to each other as much as they used to. In a multicultural society like Canada, it can sometimes mean people know little to nothing at all about the people they share a street with.

"This is a welcome development, especially in light of the events involving Muslims in violence and terrorism and people having suspicions about Muslims at large and don't know much about Islam; this begins to open the conversation," said Karim.

"If this initiative of this particular Muslim group can even bring about a greater neighbourliness among people of various backgrounds, I think that's a huge achievement. I don't see this as putting Muslims under any kind of pressure, it's something you do as a family and as a neighbour. It doesn't even have to be about religion, what you discuss."

Abdul Chaudhry, an Ottawa follower of the Ahmadiyya Muslim Jama'at faith, hosted a couple from south Ottawa in his Orleans home last Thursday. He said the wife, a Roman Catholic, had questions about the hijab and Ramadan and that her parents had a muddled understanding of Muslims from the media.



Abdul Chaudhry, seen here in this family photo with his three kids, invited a non-Muslim couple to his Orleans home for the Meet a Muslim program. CONTRIBUTED

"She just said that her generation before her was more stricter towards other cultures and other religions," he said.

The Ahmadiyya Muslim Jama'at in Canada said more than 100 families in Ottawa have signed up for Meet a Muslim.

Both Karim and Imtiaz

Ahmed, the imam at the group's Ottawa mosque, disagree with the suggestion that programs like these might force some Muslims to feel under pressure to convince others they are non-violent.

"I don't think it will offend anyone," said Ahmed. "We want

to take proactive measures to show Canadians that Islam is a religion of peace. We are just as much Canadian as anyone else. The same stereotypes that apply to any Canadian apply to us. We love hockey, we love Tim Hortons, we love pancakes and maple syrup."

Community mourns Barrhaven businessman



Ken Ross MIKE CARROCCETTO/FOR METRO

Barrhaven residents are mourning the loss of a prominent businessman, philanthropist and community leader.

Ken Ross, who co-owned Ross' Independent Grocer with his wife Kelly, died Sunday night after battling lymphoma and pneumonia. He was 54.

"He was a very, very loyal and devoted father and husband, and an amazing contributor to the community of Barrhaven," said family friend and spokeswoman Heather Tessier.

"He really did provide a lot of leadership in the community."

Local politicians honoured Ross' memory on social media.

"Tonight Barrhaven lost a leader and I a good friend. Rest peacefully Ken Ross. Your community and friends mourn you," Ottawa-Carleton MPP Lisa MacLeod tweeted Sunday night.

"We are brokenhearted," added Barrhaven Coun. Jan Harder.

Ross began his career as a grocer at age 16, bagging orders

and making deliveries for the Dominion store in his native North Bay. At around the same time, he began volunteering, raising money for Multiple Sclerosis research.

Both the grocery business and the business of giving back would come to be defining features of his life. He came to Ottawa as a Loeb (now Metro) store manager in 1996, in charge of their Beechwood and then Meadowlands locations.

Ross was an active member

of the community, whether as board member of the Ottawa Heart and Stroke Foundation, chair of the Barrhaven BIA or president of the Barrhaven Food Cupboard. "I don't even know the number of charities that he helped. There's too many to even list," Tessier said, adding that since opening their Barrhaven store in 2002, Ross and Kelly have raised over \$700,000 for community charities, clubs, sports teams and schools. STEVE COLLINS/METRO

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1 NEWS

Children's Treatment Centre honours Sens GM

In the face of Stage 4 colon cancer, Ottawa Senators general manager Bryan Murray was all smiles and high fives on Monday afternoon.

He was crowded into the newly renovated lobby of the Ottawa Children's Treatment Centre (OCTC) with Sens players and the young red-jersey-wearing fans who are patients at the facility.

The Smilezone Foundation, an organization that revamps children's hospitals across the country, had just finished overhauling the lobby of the OCTC in Murray's name.

"To be recognized is special, there's no question about that," said Murray, 72. "I take it with great pride that they've selected me to be represented in this facility at this time."

Scott Bachly, Smilezone co-founder, said NHL agent Pat Morris pitched the legacy project in Murray's name.

"The Ottawa Senators have been really, really supportive of this, which I think is great for the community and they want to give back to the chil-

dren as well," he said. "It's all about the children."

In just three days — from Feb. 27 to March 1 — construction crews brightened and modernized the waiting area with colourful murals, an aquarium, and a fixed-up therapy room and gymnasium.

"If you could have seen the kids' faces the Monday after," said Dave Irvine, whose five-year-old daughter, Meteaghan, has cerebral palsy. She just started school at the OCTC this year, so along with math lessons, she undergoes speech therapy and physio in the same building.

"We feel blessed to have found it (the OCTC) because it's the perfect combination of therapy and education — all in the same treatment centre," said Irvine.

Murray said the renovations are worth seeing the smiles on the kids' faces.

"It's a full-time job almost, being a patient, but it's a great thing to be able to do stuff like this with young people," he said.

LUCY SCHOLEY/METRO



Ottawa Senators GM Bryan Murray cracks jokes with defenceman Marc Methot during the unveiling of the new lobby at the Ottawa Children's Treatment Centre on Monday. LUCY SCHOLEY/METRO

Anderson gets nod in big Bruins game

Senators. There had been speculation that hot backup goaltender Andrew Hammond would get the start

Ottawa Senators head coach Dave Cameron effectively put an end to any brewing goalie controversy Monday.

Cameron announced Craig Anderson will start Tuesday when Ottawa faces Boston in a game that could have playoff implications. The Senators (30-23-11) are five points behind the eighth-place Bruins (33-22-10) in the battle for the Eastern Conference's final wild card spot.

Anderson will make his second consecutive start Tuesday. He returned Sunday night after being sidelined 46 days with a hand injury, making 42 saves in a 5-4 shootout win over the Calgary Flames.

There was some thought Andrew Hammond might start against Boston. The young goaltender has been instrumental in getting Ottawa back into the playoff hunt with an impressive 7-0-1 record.

But Cameron didn't mince words when asked why Anderson was facing the Bruins.

"Because I feel he gives us the best chance to win in net," he said. "That's the end of it."

"Easiest way for me to say that."

And that's fine with Hammond, who's more than will-



Ottawa Senators goaltender Craig Anderson, left, is congratulated by backup goaltender Andrew Hammond following a win against the Calgary Flames on Sunday. FRED CHARTRAND/THE CANADIAN PRESS

ing to accept any role he's given.

"It's all about just controlling what I can control," said Hammond.

"For me it's about doing whatever I can to help the team get a win."

In Cameron's mind, Tuesday's game isn't a must-win for Ottawa.

"No, because what happens if you lose it?" he said. "As a coach, I stay away from the must-win tags unless it's Game 7."

Boston is 4-0-1 in its last five games and Ottawa will have to play better than it did against Calgary. The Senators blew a 4-0 third-period lead and were fortunate to record the victory.

THE CANADIAN PRESS



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Miniseries rediscovers Samuel de Champlain

History. Six-part show adapted from book by Pulitzer Prize-winning writer

A new docudrama that tells the story about Samuel de Champlain's 400-year-old vision of a unified Canada is also a blunt reminder that his dream has yet

to be fulfilled.

Champlain's Dream is a six-part miniseries of 30-minute episodes airing Mondays at 9 p.m. on TFO starting March 16, adapted from Pulitzer Prize-winning historian David Hackett Fischer's book of the same name.

Montreal-based actor Maxime Le Flaguais plays the lead role in the series produced by Ottawa TV and film produc-

tion company Slalom Productions.

During a media preview at the Embassy of France in Ottawa Monday, Le Flaguais said it was always a personal dream to act in a historical production and playing Champlain was a "privilege and honour" because he is a crucial figure in the history of his native Quebec.

After discovering what was then known as "New France"

1603, Champlain began to explore the Ottawa River in 1615 and continued to form amicable relations with First Nations people, much like he did with Protestants and Catholics.

Historians like Hackett Fischer say that was his dream, but Le Flaguais said it's "sad" it hasn't been realized.

"The natives are still, from what we see in the news, in newspapers, on TV, they don't

seem as happy as us and in good conditions. They seem to be a little rejected."

Filmed in France, Cape Cod, Ontario and Quebec, Champlain's Dream will also be released in English later this year.

Hackett Fischer said it's a "terrific" adaption to his 2009 book that combines history and creativity that audiences, especially young people, will enjoy.

JOE LOFARO/METRO



Actor Maxime de Flaguais, right, with writer David Hackett Fischer.
JOE LOFARO/METRO

Competition. Ottawa comics going Off the Rails

Eight standup comics will be put on the spot Saturday when they are forced to improvise new material on stage — material suggested from live audience members.

The Off the Rails Comedy Competition comes to the Royal Oak this Saturday. The winner, based on audience votes, will walk away with some prize money, but, most importantly, bragging rights.

Off the Rails is the brainchild of Ottawa comic Sean Carson, who said the competition is a way for him to attract comics that he normally wouldn't be able to afford.

"The idea is to have a competition because I couldn't afford to pay all the comics," said Carson, who will give half the ticket sales to the winners. "I figure if I give an incentive and dangle some cash they will come out."

According to Carson, none of the comics specializes in



Ottawa comic Sean Carson CONTRIBUTED

improv. "They're all standup comedians," he said. "These are some of the bravest comics in the city."

Carson, who will emcee the event, will interact with the audience throughout the show and will perform a set at the end of the night as their votes are being counted. While he has started to establish himself in Ottawa on the open-mike level, this is the first comedy event he has hosted. The show starts at 8 p.m. and tickets are \$6. NICHOLAS HODGE/FOR METRO

ARRIVALS / DEPARTURES

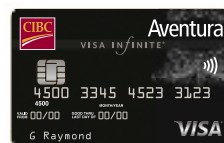
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Rideau Canal

Skateway closes after record-breaking season

The National Capital Commission will officially close the Rideau Canal Skateway at 10 p.m. Tuesday. The Rideau Canal Skateway, opened on Jan. 10, was available to public skaters for a record-breaking 59 consecutive days this season, according to the National Capital Commission.

Ottawa's frigid winter, including the coldest February in at least 115 years, was responsible for the skateway's durability this year. The previous record of 46 consecutive days was set during the 2003-04 season.

NICHOLAS HODGE/FOR METRO

Crime

Cops seek to ID robbery suspects

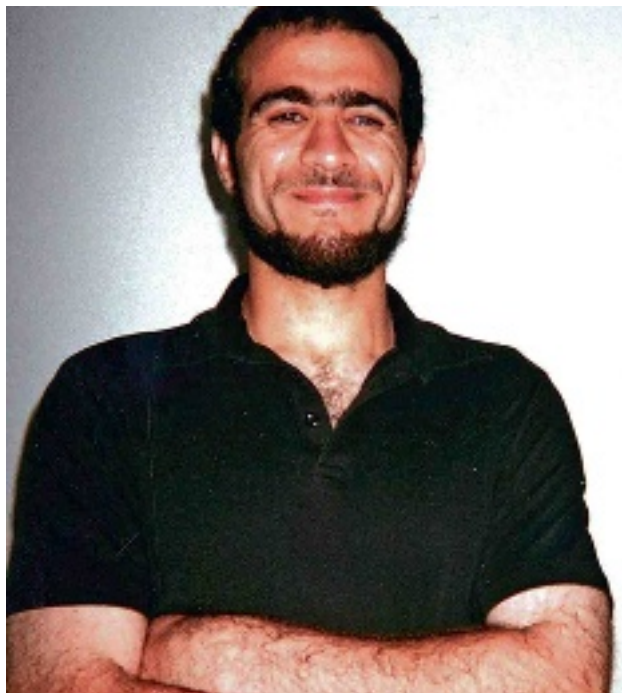
Ottawa Police are hoping the public can help identify two robbery suspects who tried to break into a downtown condo late last month.

Police responded to a break-in call on Laurier Avenue West around 2 a.m. Feb. 22 but found the suspects had fled the scene.

One suspect is a black male, about 20-25 years old, who wore a backpack and a North Face winter coat. He is about five-foot-seven and has facial hair in the shape of a thin chinstrap. The second suspect is a Caucasian male, about 35-45 years old and about five-foot-seven. He was wearing a backpack, a brown or green coat and a dark baseball cap with salt-and-pepper facial hair. NICHOLAS HODGE/FOR METRO

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Khadr's bail application draws long list of backers



Former Guantanamo Bay prisoner Omar Khadr, seen here in an undated photo. COURTESY BOWDEN INSTITUTION/THE CANADIAN PRESS

Response. The federal government has said it will fight any effort to lessen the former Guantanamo Bay prisoner's punishment

Professors, doctors, businessmen and even a former senior member of the U.S. military have put their names — and reputations — on the line to support the bail application of a man the Canadian government and other detractors have branded a dangerous jihadi terrorist.

Foremost among those

Quoted

"I am proud to count him among my closest friends."

Rob Betty, husband of King's University English professor Arlette Zinck who has been Omar Khadr's tutor for years.

backing Omar Khadr are his long-time lawyer Dennis Edney and his wife Patricia, who have offered to take him into their home if he wins bail.

Edney, who has met the Toronto-born Khadr in prison, says she finds him gentle, articulate and gracious.

Khadr's application for bail — to be heard over two days later this month — aims to get him out of Bowden Institution in Innisfail, Alta., while he is appealing his conviction on five war-crimes charges by a U.S. military commission for incidents that occurred in Afghanistan when he was 15 years old.

In their letters for bail court, Arlette Zinck and her businessman husband Rob Betty make clear their positive assessment of Khadr.

Zinck, an English professor at King's University and one of Khadr's tutors for years, calls him a diligent and capable "model student."

THE CANADIAN PRESS

Q&A

Lawyer's wife speaks out

Patricia Edney is the wife of Dennis Edney, lawyer to Omar Khadr. The couple has agreed to take Khadr, 28, into their Edmonton home if he is released on bail. The Canadian Press interviewed Patricia Edney ahead of Khadr's bail hearing in late March.

Does Dennis bring home his clients on a regular basis — to live with you?

Patricia Edney: It's consistent offering Omar to come to our home. It's consistent with Dennis's faith in Omar, his confidence in the case and the young man that we have both come to know. In my mind, it's a fairly straightforward proposition. Hopefully, we're actually able to have him come.

But this is a little different from the normal routine of lawyers and clients?

Patricia Edney: That speaks

to the fact that we see him as more than a client. We see him as somebody who's been abandoned by his government and suffered greatly for it. It's something we can offer.

The government, of course, brands him as a hardened, unrepentant terrorist.

Patricia Edney: There's lots of evidence that he didn't kill (U.S. Sgt.) Christopher Speer ... But even if he did, he was a child soldier. Omar was 15 when this all took place. He was a child. He is carrying a burden that is not his.

What was it like to meet him and get to know him?

Patricia Edney: It was wonderful to first meet him. I wasn't surprised at how gentle he was, or how articulate and intelligent and gracious. It was more surprise at how tall he was. It was the physical stuff that Dennis would never have thought to fill me in on. THE CANADIAN PRESS

Montreal creates tip line to flag aspiring terrorists

Montreal is creating a program to identify and head off aspiring terrorists and other extremists after the disappearance of six young people who left Quebec to join the Islamic State group.

Montreal Mayor Denis Coderre said he wants to ensure that police, schools and front-line community groups are working together to single out those at risk of radicalization before they commit a crime, endanger public safety, or flee the country to

join the ranks of the terrorist group, also known as ISIS, that has taken over swaths of Syria and Iraq.

The program, which is to be up and running in the coming weeks, is also meant as a resource for struggling family and friends of radicalized individuals who will be able to call a telephone hotline for assistance and advice on cases that could range from people lured into street gangs, neo-Nazi groups or Islamic terrorism.

The hotline is being fielded by the city's police force.

RCMP commissioner Bob Paulson said on the weekend the national police force is seeing "a steady increase" in the number of radicalization cases in Montreal, as well as in Alberta and Ontario.

He did not provide any figures, but last fall said there were about 90 Canadians the Mounties had classed as "high-risk" of trying to join the ranks of the Islamic State.

TORSTAR NEWS SERVICE

Ontario girl home after transplant, twin sister waiting for liver donor

A three-year-old girl from Kingston, Ont., is back home after spending a month in hospital following a liver transplant surgery, but her ailing twin sister is still waiting for a liver donor, the girls' father said Monday.

Michael Wagner said Phuoc left Toronto's Sick-Kids hospital on Friday — a month after receiving a part of her father's liver — and is now spending time with her

family, playing like a healthy little girl.

Phuoc and her twin sister Binh suffer from Alagille syndrome, a genetic disorder that affects vital organs and can be fatal.

As great as the reunion was, it has also been bittersweet, Wagner said. "It's a little sad to see the two of them next to each other and one suffering the symptoms of Alagille and liver disease,

and the other not," he said.

"But you know what? Her turn will come."

It took Wagner about 10 days to recover in the Toronto General Hospital after surgeons removed about 15 per cent of his liver.

A spokeswoman for Toronto General Hospital said last week that about 500 potential liver donors have come forward offering to help Binh.

THE CANADIAN PRESS

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Via terror trial

Attention must be paid to conspiracy charge, judge says

Determining whether or not two men accused of plotting to derail a passenger train conspired to commit a terrorist act is critical to reaching verdicts at their trial, a judge told the jury hearing the case Monday.

Raed Jaser and Chiheb Esseghaier are both charged with two counts of conspiracy, and two counts of participating in or contributing to a terrorist group. Esseghaier is also facing a fifth charge of participating in or contributing to a terrorist group.

Justice Michael Code suggested careful attention be paid to the nature of an alleged conspiracy between Jaser and Esseghaier.

THE CANADIAN PRESS

Democracy movement

China pressuring Canada to rescind invitation to Hong Kong activist

China is pressuring a committee of Parliament to rescind its invitation to the leader of Hong Kong's democracy movement to appear before it and give testimony, The Canadian Press has

learned.

Martin Lee was invited to give MPs on the House of Commons foreign affairs committee a briefing Tuesday on the democracy movement in Hong Kong. The Chinese ambassador to Canada, however, has issued a letter to the committee telling it to butt out of China's domestic affairs, issuing a thinly veiled warning to not rock the boat on Sino-Canada relations.

THE CANADIAN PRESS

Nunavut

Deal reached in land-claim lawsuit

A tentative settlement has been reached in a billion-dollar lawsuit that alleges the federal government has never lived up to terms of the Nunavut land claim.

Cathy Towtongie, president of the Nunavut land-claims group that filed the lawsuit against Ottawa,

made the announcement in a news release.

Arguments in the lawsuit by Nunavut Tunngavik Inc. were scheduled to begin Monday afternoon.

The trial has now been adjourned. Contents of the settlement were not immediately available.

Nunavut Tunngavik had been seeking \$1 billion in damages, as well as punitive damages.

THE CANADIAN PRESS

U.S.-led team to join probe of soldier's death

Sgt. Andrew Doiron.

Defence minister says there are two investigations of the incident being conducted

The U.S.-led coalition in Iraq is planning to join a pair of Canadian investigations already underway into last week's deadly friendly fire episode in northern Iraq, but experts say if recent history is any guide, the public should temper its expectations about the findings.

Gen. Tom Lawson, the country's chief of defence staff, said Monday the international headquarters overseeing the war against the Islamic State of Iraq and the Levant (ISIL) is "interested in exactly what happened and therefore will be leading their own investigation."

The involvement of American commanders takes the concern about the deadly mistake — which claimed the life of 31-year-old Sgt. Andrew Doiron — to a different level.

Defence Minister Jason Kenney implored opposition parties to let due process unfold.

There is a military police case and a technical investi-

Quoted

"Obviously, our (special forces) operators are ensuring that steps are taken to ensure there is no repeat of this tragic incident."

Defence Minister Jason Kenney

gation, known as a board of inquiry — both of which are standard procedure whenever a soldier dies in the line of duty. In addition, the special forces are conducting their own internal review. Even so, there are significant organizational and cultural barriers that cause both a former special forces commander and a leading defence analyst to wonder if anyone can be held responsible, and whether such calamities can truly be avoided in the future.

"Whether somebody will be held accountable for this, I don't know," said Roland Paris, director of the Centre for International Policy Studies at the University of Ottawa.

Prosecuting friendly fire cases between nations, even among advanced western armies, is a tenuous matter, one usually fraught with diplomatic drawbacks. THE CANADIAN PRESS



Ready, set, attack the avalanche!

Members of the 1st Regiment of the Royal Canadian Horse Artillery put a 105mm Howitzer in position Wednesday at Rogers Pass, B.C. Parks Canada operates the largest mobile avalanche control program in the world and Canadian soldiers are stationed in Rogers Pass throughout the winter season. Under the direction of Parks Canada's avalanche forecasters, soldiers bombard known trigger zones high up on the avalanche paths. The aim is to prevent blockage of the Trans-Canada Highway and Canadian Pacific rail corridors between Vancouver and the rest of Canada. Between 700 and 1,500 rounds are fired each year at predetermined targets in the peaks most at risk.

PHOTO: JEFF BASSETT/THE CANADIAN PRESS
TEXT: THE CANADIAN PRESS

Tories propose new plan for disabled veterans

The Harper government is proposing a new retirement benefit to help stave off old-age financial hardship for some of Canada's severely disabled soldiers, addressing a long-standing concern of veterans' advocates.

The benefit would provide wounded troops with both serious and moderate injuries a monthly income support payment beginning at age 65, Veterans Affairs Minister Erin

O'Toole told a news conference Monday in Toronto.

The veterans' ombudsman released a report in October 2013 that found more than 400 severely disabled veterans, mostly from Afghanistan and recent peacekeeping missions, don't receive certain allowances or a Canadian Forces pension, and lose their disability income replacement at retirement.

THE CANADIAN PRESS

Anti-terror bill concerns human-rights group

A prominent human-rights group says the Conservative government's anti-terrorism bill could be used to target environmental activists and aboriginal protesters.

In a brief made public Monday, Amnesty International Canada added its voice to those who say the bill would go beyond genuine security threats to ensnare those who mount demonstrations that fall outside the

strict letter of the law.

The Conservatives brought in the bill — which would broaden the Canadian Security Intelligence Service's mandate — after the slaying of two Canadian soldiers last October.

The new powers do not apply to "lawful" advocacy, but Amnesty fears they could be used against activists who protest without a permit or despite a court order. THE CANADIAN PRESS

Islamic cyber-pirates hack Bloc Québécois website



Islamic cyber-pirates said Monday they attacked the website of the Bloc Québécois because of the party's position against the wearing of a veil during citizenship ceremonies.

The words "United Islamic Cyber Force" were sprawled in red letters in English across the top of a black page and there was also a link on the website to the group's Facebook page.

Several other sites that were

hosted by the same server as the Bloc's were also targeted, including the website for a campsite.

But the Albanian-based group said it was targeting the separatist party. In an email exchange with The Canadian Press, a spokesman wrote the cyberattack was carried out "simply because they lacked respect towards women who wear the hijab."

The group maintained that everyone has the right to wear whatever they want.

Asked why the Bloc Québécois and no other federal parties were victims of the attack, the spokesman said the group wanted "to expel politicians and others on the Internet who detested Islam."

The Bloc recently indicated that it was opposed to the decision of a federal court judge to

allow a veil to be worn during the Canadian citizenship swearing-in ceremony.

While the hacker group refers to the hijab, which covers the head, the judge actually ruled in favour of the niqab, which hides the face.

Bloc Québécois spokesman Simon Charbonneau said no personal data was compromised during the hack.

THE CANADIAN PRESS

Chad. Nations ramp up fight against Boko Haram

Soldiers from Chad and Niger launched the largest international push to defeat Nigeria's Islamic extremists, whose war has spilled over into neighbouring countries, officials and witnesses said Monday. Chad's president has warned that the leader of Boko Haram must surrender or be killed.

At least 200 vehicles full of soldiers were spotted by residents crossing from Niger into Nigeria. Loud detonations were soon heard, signalling heavy combat with Boko Haram, said Adam Boukarna, a resident of the border town of Bosso, Niger.

The push marks a sharp escalation by African nations against Boko Haram nearly six years after the group began its insurrection. At an African Union summit in Addis Ababa, Ethiopia, on Jan. 31, African leaders agreed to send 7,500

Elections in Nigeria

The new offensive comes just weeks before Nigeria holds elections many fear will be marred by violence, including from Boko Haram.

troops to fight Boko Haram. Later neighbouring countries agreed to increase the force to 8,750. UN Secretary General Ban Ki Moon has said he supports the AU's move.

The new offensive includes troops from Niger for the first time, in addition to Chadian forces that were already carrying out missions in Nigeria, Chadian Brig. Gen. Zakaria Ngobongue said Monday. He described extremism as a "cancer" in the region that could not be defeated by any one country alone. **THE ASSOCIATED PRESS**

Philippines. Military kills 73 Muslim rebels

Philippine forces have killed 73 hard-line Muslim rebels and a suspected foreign militant in a three-week offensive in the restive south, where 44 anti-terror police commandos were killed in January in a clash with insurgents, the military said Monday.

Military spokesman Lt. Col. Harold Cabunoc said six soldiers had been killed and 29 others have been wounded in the assaults that started Feb. 25 and have displaced about 25,000 villagers in a marshy region in the boundary of Maguindanao and North Cotabato provinces.

Military chief of staff Gen. Gregorio Pio Catapang ordered the assault against the Bangsamoro Islamic Freedom Movement rebels after they attacked

civilian villages. The rebels also have been implicated in the Jan. 25 killings of 44 commandos during a raid to hunt a suspected terrorist in Maguindanao.

Numbering a few hundred, the insurgents broke off a few years ago from the main Moro Islamic Liberation Front, which signed a new Muslim autonomy deal with the government last year. The breakaway rebels vowed to continue fighting for a separate Muslim homeland.

"We have degraded their capability to conduct atrocities. They are running out of ammunition," Cabunoc told reporters.

The breakaway rebels have played down such military reports of battle gains in the past, branding them as propaganda.

THE ASSOCIATED PRESS

France

Four held over links to attacks

Four people including a policewoman have been taken into custody over suspected links to the attacks that terrorized Paris in January, police and security officials said Monday.

One man — who was already jailed in another case — had ties to Amedy Coulibaly, the gunman who killed five people on Jan. 8 and 9. **THE ASSOCIATED PRESS**

Gender equality

Goal is '50:50 by 2030': UN chief

Secretary-General Ban Ki-moon is challenging all governments to reach the goal of equality for women by the year 2030, saying the key is getting men to change their "mindsets."

"Our goal must be: 50:50 by 2030," Ban said Monday at the opening session of the UN Commission on the Status of Women. **THE ASSOCIATED PRESS**



Ukraine approaches one-year mark since start of conflict

People pass by a destroyed building in Vuhlehirsk, Ukraine, on Monday. More than 6,000 people have died in eastern Ukraine since the start of the conflict almost a year ago that has led to a "merciless devastation of civilian lives and infrastructure," according to the UN human rights office. **VADIM GHIRDA/THE ASSOCIATED PRESS**

Nine abducted by ISIL in deadly oilfield attack

Libya. Seizure of foreign workers last week also saw militants behead eight guards

Quoted

"This is the lifeline of the Libyan people."

Libya's military spokesman, Ahmed al-Mesmari, on the country's petroleum industry, adding that losing it to ISIL would be dire

Militants from Libya's Islamic State of Iraq and the Levant affiliate beheaded eight Libyan guards in an attack on a central oilfield last week in which the extremists abducted nine foreigners, a Libyan spokesman said Monday.

In the Philippines, authorities said Monday that four of their nationals were among the nine abducted from the oil field. An Austrian, a Czech, a Bangladeshi and a

Ghana national were also taken while one hostage remains unidentified.

Friday's attack on the al-Ghani oilfield near the town of Zalla, some 750 kilometres southeast of the capital, Tripoli, was part of a series of deadly assaults on Libya's oil lucrative infrastructure by the Islamic State group.

The attacks in recent weeks have forced Libya to declare 11 fields non-operational, including al-Ghani,

and invoke a force majeure clause that exempts the state from contractual obligations.

Libya's military spokesman, Ahmed al-Mesmari, warned that ISIL militants' long-term goal is to take over Libya's petroleum industry.

During the attack on al-Ghani, an employee watched the beheadings of the eight oil guards and subsequently died of a heart attack, al-Mesmari also said. He did not elaborate on how the army

knew about the beheadings but the force serving as oil guards is closely allied to the Libyan military, which answers to the eastern-based government, one of Libya's two rival governments.

In the Philippines, Department of Foreign Affairs spokesman Charles Jose said Manila was working with the employer of the nine, Austrian-owned VAOS Oil Service, the Libyan government and embassies of the other foreigners abducted.

The incident brings the total number of Filipinos missing in Libya to seven. Three others were snatched in another oilfield Feb. 3 and their whereabouts also remain unknown. **THE ASSOCIATED PRESS**

Fierce fighting continues in Syria, Iraq

The international fight against the ISIL group flared on several fronts over the past 24 hours. Here's a look at the latest developments.

German woman killed fighting with Kurds against ISIL group

A German woman was killed during heavy clashes in northwestern Syria, officials said Monday, becoming the third known Westerner to be

killed after joining Kurdish forces fighting ISIL militants.

Ivana Hoffmann, 19, died Saturday while fighting with the Peoples Protection Units, known as the YPG, near the Syrian village of Tel Tamr in Hassakeh province.

U.S.-led coalition airstrikes hit ISIL-held refinery

Coalition warplanes bombed a refinery near the Syrian town of Tel Abyad on the

Turkish border late Sunday, lighting up the night sky with an enormous fireball, activists said. The Britain-based Syrian Observatory for Human Rights said the strikes killed some 30 people.

The U.S. military's Central Command said in a statement Monday that coalition aircraft struck an ISIL "modular oil refinery" near the town of Kobani on the Turkish border.

Iraqi government presses Tikrit offensive

Iraqi troops and Shiite militias forged ahead with their offensive to retake Saddam Hussein's hometown of Tikrit from ISIL militants. The operation, which is taking place without U.S. assistance, has clawed back a few villages and towns since it began last week, most notably Dawr, south of Tikrit.

THE ASSOCIATED PRESS

Apple unveils long-awaited watch

New product. Watch is the first brand-new device Apple has launched without Steve Jobs

Make calls, read email, control music, manage Instagram photos, keep up with your workout, pay for groceries, open your hotel room door. CEO Tim Cook says you can do it all from your wrist with Apple Watch — for 18 hours a day. That's how long the battery will last on an average day.

Pre-orders start April 10. In Canada, the devices will range from \$449 to as much as \$22,000 for a luxury edition.

Industry watchers are eager to see if Apple's version will be the tipping point for the sluggish smartwatch market. There was similar skepticism when Apple released the iPad in 2010, yet the company has successfully sold millions and its popularity has shaken

Prices

The watches are available in two sizes, with 38-millimetre and 42-millimetre bodies.

- The Apple Watch Sport is priced at \$449 and \$519 in Canada, the mid-range Apple Watch is priced between \$699 and \$1,459 depending on the style of band, and Apple Watch Edition models start at \$13,000.

up the PC market.

The stakes are high for a company that just dislodged AT&T as one of the 30 stocks comprising the venerable Dow Jones industrial average.

Apple is entering a market in which numerous tech companies are already selling smartwatches, from the Samsung Gear and Motorola's Moto 360 to the Pebble Steel and other models made by smaller startups. Many run on Android Wear, the software platform from Google.



Apple CEO Tim Cook talks about the new Apple Watch during an Apple event in San Francisco on Monday.

ERIC RISBERG/THE ASSOCIATED PRESS

They range in price from \$100 to \$500 or more, but

most don't have as many features as the Apple Watch, and

they have not been big hits.

THE ASSOCIATED PRESS

Other announcements

Apple TV price cut

Apple has cut the price of Apple TV by \$30 US to \$69 US and is partnering with HBO to offer its stand-alone streaming service, HBO Go, on Apple devices in time for the Game of Thrones premiere April 12. The new service will cost \$14.99 US monthly.

Also unveiled at Apple's big event was a shiny, skinny and silent MacBook weighing in at just two pounds that the company says is the world's most energy-efficient laptop. The starting price of the new MacBook laptop is \$1,299 US and it comes with 256 gigabytes of storage. For \$1,599, you get a faster processor and twice the storage. The MacBook starts shipping April 10.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
79.39¢ (+0.09¢)

TSX
14,854.49 (-98.01)

OIL
\$50.00 US (+39¢)

GOLD
\$1,166.50 US (+\$2.20)

Natural gas: \$2.678 US (-0.7¢)
Dow Jones: 17,995.72 (+138.94)

Tainted feed not yet proved as BSE source

Federal Agriculture Minister Gerry Ritz says figuring out how an Alberta cow was infected with BSE is like looking for a needle in a haystack.

The cow was discovered last month on a farm near Edmonton and was born on a nearby farm.

Another cow born at the same location in 2004 tested positive for BSE in 2010.

The Canadian Food Inspection Agency continues the complex task of checking

cattle born on the farm to see whether they may have been exposed to the same feed as the BSE cow, although it hasn't been determined yet whether infected feed caused the disease in this case.

Ritz says countries that have temporarily suspended imports of Canadian beef are being kept in the loop, but he points out they only account for about five per cent of Canada's worldwide market.

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VOICES

COUNTDOWN

Some cities have installed signals that let pedestrians know how long they have to wait for the light to change until they can cross the road



YOUR RIDE
Kathryn Hunt

What's going on in your head while you wait for a light to change? And would it help to know how long it will be until the next signal?

Pedestrians in Ottawa are familiar with crosswalk countdown signals, which offer a countdown instead of a flashing red hand.

They're designed to let pedestrians know exactly how long they have to cross the street, and reduce the chances of someone starting into the intersection without enough time to get clear.

In fact, these lights have been shown to reduce accidents between pedestrians and cars. But other uses for countdowns at intersections are being developed.

In some places, pedestrian signals give a countdown to the walk light instead. This means that people know exactly how many seconds they will need to wait until they can cross, which helps to keep them from jay-walking out of impatience.

I think this is something we should consider for Ottawa.

It turns out it's the not knowing that is the most frustrating part of waiting at an intersection. In a 2005 study, psychologist David H Maister noted, "uncertain waits are longer than known, finite waits" and "occupied time feels shorter than unoccupied time."

If you're waiting at a light, watching for it to change, the wait feels longer and can cause impatience, even irritability. If you're in a car and you do become distracted and look away from the light, you're often startled by an alerting honk from behind.

DO YOU HAVE A TRANSIT IDEA?
Shoot us an email:
ottawa@metronews.ca

Some cities have installed red light countdown signals, which tell the driver how long it will be until the light turns green. With that information, they know how long they have to pick up something off the floor, attend to a child, or change the station on the radio before they have to turn their attention back to driving. They can also, while the car is stopped, take a short break from having to focus.

There is even a smartphone app, called EnLighten (available in a few cities — alas, not in Canada yet), that can predict when red lights will turn green. It uses real-time traffic data, combined with the phone's GPS.

When the phone senses that the car has stopped, it combines the location and traffic data, and then displays a countdown. A chime a few seconds before the light changes lets the driver know to look up and get ready to drive.

Until we have these innovations in Ottawa, however, the best we can do is to remember that the lights aren't as long as they feel — and remind ourselves of the psychology, if we start to get impatient.

Kathryn Hunt @k8thek8 is a writer, editor of Centretown BUZZ, storyteller, poet, cycling blogger, rock climber, mysterious techno vixen (confirmed) and geek. Not necessarily in that order. You can read her cycling blog at theincidentalcyclist.blogspot.ca.



"Uncertain waits are longer than known, finite waits," according to a 2005 study, which can help explain why a watched traffic light seemingly never changes. ISTOCK

Apple Watch: Addressing problems that never were problems



JUSTIN LEE
readers@metronews.ca

Apple announced Monday details about its heavily-anticipated, yet arguably unnecessary Apple Watch, which hits shelves next month.

The smart watch connects to iPhone 5 or later models to receive notifications about incoming mail, messages, calls and events, and is loaded with enough features to impress Penny from Inspector Gadget.

In fact, the Apple Watch seems nothing more than a micro version of an iPhone or iPad.

But instead of having to physically reach for the device, you have immediate access — anytime or anywhere — since you're physically wearing it.

By being "plugged in" round the clock, you'll never miss a chance to apply a Valencia filter to that kale salad post or "swipe

"Communication" technology

Instead of bringing us closer together, this so-called communication technology has transformed us into a more distant, jaded, and colder culture.

left" whenever you see a profile pic of some sociopath canoodling with a tiger.

And I suppose that's the greatest drawback to technology in the 21st century — that it somehow addresses problems that never were considered problems in the first place.

Back in the day, advancements in technology were wholly necessary. We didn't have a means to travel far distances in a reasonable amount of time, so we invented planes, trains and automobiles. We didn't

have a way to verbally communicate with our friends, families, and pushy telemarketers who interrupt our dinner, so we invented the telephone.

But at what point has anyone ever said, "Gee, I really wish there was some way I could instantly access an entire library on the go, even though I can only physically read one book at a time. You never know when you might feel compelled to reread that titillating tampon scene in Fifty Shades of Grey."

Or when was the last time anyone has ever thought, "I really wish I had a pair of glasses that would allow me to view a video clip of a sunrise instead of an actual sunrise?"

Civilization has become so consumed with inventing new and efficient ways to perform even the most innocuous of tasks.

Twenty years ago, we would take time out of our busy lives to talk to our friends and family in person or over the phone.

Now we can't even seem to reply to a simple text.

Instead of bringing us closer together, this so-called communication technology has transformed us into a more distant, jaded, and colder culture.

Technology has become a never-ending cycle: We create solutions to problems, which in turn generates a new set of problems that we need to tackle.

To quote Damon Albarn of Blur, "We're everyday robots in control / in the process of being sold / Driving in adjacent cars / 'Til you press restart."

Although the Apple Watch will not help you foil Dr. Claw's latest evil plan, it certainly might bring Apple one step closer to achieving world domination.

Justin Lee is a Toronto-based writer, DJ and documentary filmmaker who enjoys exploring music, arts and culture and social issues.

Filmmaking

Director pleads guilty in train crash death

The director of a movie about musician Gregg Allman pleaded guilty Monday in a train crash that killed a camera assistant and injured six film workers. In exchange, prosecutors dropped charges against his wife and business partner.

The case is a rare example of filmmakers being prosecuted for deaths on their sets.

As part of the plea deal, director Randall Miller will spend two years in the county jail and another eight on probation on involuntary manslaughter and criminal trespassing charges. He also will pay a \$20,000 fine.

In the crash a year ago, a freight train travelling 55 m.p.h. plowed into the director's crew on a Georgia railroad bridge.

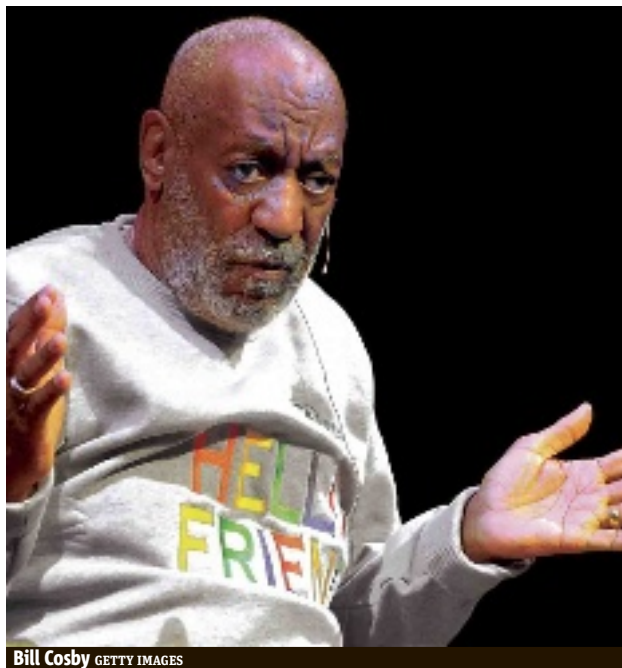
The Midnight Rider movie has been in limbo since the crash. Allman sued Miller to prevent the director from reviving the film. They settled out of court last year, and terms were not disclosed.

THE ASSOCIATED PRESS



Film director Randall Miller
THE ASSOCIATED PRESS

Cosby promo fail



Bill Cosby GETTY IMAGES

Showing further signs of not-terribly-great judgment, Bill Cosby released an awkward, amateur-ish video message to promote an upcoming gig. In it, the embattled comic icon is on the phone trying to convince someone to come see the show. "You know I'll be hilarious," he says in the 10-second clip, first released to ABC News. He accompanied the video with a written message: "Dear fans, I hope you enjoy my wonderful video message," he writes. "Hey, hey, hey, I'm far from finished." While the video might not be as wonderful as he insists, it does raise a lot of questions: Is that a rotary phone? Why is this shot like an ISIS hostage video? Are those silk pyjamas? Also, can we address how terrible a slogan "I'm far from finished" is for a man accused of more than 30 separate acts of sexual assault?

Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES



The Simpsons co-creator dies

Sam Simon, a co-creator of The Simpsons and animal-rights advocate who made a midlife career shift into philanthropy and channeled much of his personal fortune into social causes, has died. Simon died Sunday at his home in Pacific Palisades, Calif., his agent, Andy Patman said. He was 59. He was diagnosed with advanced colon cancer in 2011. Simon helped launch The Simpsons in 1989.

"I'm not sad," he declared in 2013 as he battled an illness that his doctors said might claim him within months. "I'm happy. I don't feel angry and bitter. I want to do whatever I can to survive."

THE ASSOCIATED PRESS



Sam Simon THE ASSOCIATED PRESS

Video may prove Suge is innocent

Graphic video footage has surfaced of the Jan. 29 hit-and-run incident near the Los Angeles set of the film Straight Outta Compton that landed Death Row Records founder Suge Knight behind bars, according to TMZ. The video, taken from the surveillance footage of a burger joint where the incident took place, will be used as evidence by both the prosecution and the defence in any upcoming trial, as Knight's defence team believe the footage exonerates their client by proving he was the victim of an armed ambush.



Suge Knight GETTY IMAGES

2 SCENE

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PlayStation series banks on the Powers of TV

New. Adapted from a comic, scripted drama is a first for the gaming network

Ability does not imply accomplishment. And accomplishment is no prerequisite for fame.

This we know all too well from reality TV. But today's viral sprawl of celebrity is explored in fresh fashion by a new series spawned from what some viewers might deem an unlikely source: comic books.

Powers is a new series whose 10-episode season is the latest blossoming of scripted TV fare from unexpected sources. PlayStation network

is home base for the show, the first original scripted series on the network.

Starting Tuesday, Powers will be free to PlayStation subscribers, with the first episode free to anyone for streaming through the PlayStation Store website (a PlayStation console is not required). Subsequent episodes will be available for purchase by non-subscribers.

Powers is set in a two-tier society where ordinary humans must coexist with a superior class who, thanks to random distribution, are endowed with superpowers which they employ for good or, just as often, for non-heroic purposes like crime.

Maintaining order among superhumans places a heavy burden on law enforcement.

Powers focuses on a pair of homicide detectives, Christian Walker (played by Sharlto Copley) and Deena Pilgrim. They investigate cases involving those people of disruptive privilege known as Powers.

Walker used to be a superstar superhero, with a superbad-guy reputation. But then his powers disappeared.

The department's only cop who can identify with the Powers elite, he is haunted by memories of flying and other abilities he once possessed.

Powers has been in de-

velopment for the screen for 15 years, says series co-creator Brian Michael Bendis, who created the comic in 2000 with Michael Avon Oeming. It was first adapted as a possible film project, then evolved into this series and was snapped up by PlayStation. He acknowledges there might be a bit of confusion about the PlayStation venue.

"Some people think our show is webisodes," he says with a laugh. "But this is a fully budgeted, network-style show."

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guest presentation



Sharlto Copley, left, and Susan Heyward act out a scene from Powers. The series' 10-episode first season is the latest blossoming of scripted TV fare from unexpected sources — the home base for Powers is the PlayStation network. THE ASSOCIATED PRESS

Instagram improv has on-air potential

A new interactive Instagram series from American comedian Chris Hardwick's @midnight kicked off on Monday but its future depends entirely on an active, imaginative fan base.

Crammed into 15 seconds, the first episode of Plot Twistagram features a drowsy young man who heads

to the kitchen to make some breakfast. After electrocuting himself making some burnt toast he comes face-to-face with some seemingly radioactive cereal — and, enter the cliffhanger. It will be up to viewers to decide what happens next by leaving a comment on the photo-sharing app.

For now, this off-air spin of the eponymous weeknight Internet-inspired improv game show, which aptly airs at midnight, will only take place on Instagram. However, Mashable reports that depending on audience response, the concept could be-

come an on-air game show. The show's team will select the best scenario and film it to be shown every Monday. Joe Farrell, co-executive producer of @midnight said the show will ultimately become a whole comedy based on Instagram comments.

AFP



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Not-so-smartphone?

Wellness. Researchers examining whether smartphones are making users lazier and less astute

Having the world at our fingertips diminishes the role of our brains in daily life, according to researchers in Canada.

"Decades of research has revealed that humans are eager to avoid expending effort when problem-solving, and it seems likely that people will increasingly use their smartphones as an extended mind," says lead author

or Nathaniel Barr, a post-doctoral researcher in reasoning and decision making at the University of Waterloo.

Highly intelligent people approach problem-solving in a manner that's analytical rather than intuitive, yet smartphones allow them to second-guess themselves, say the researchers.

The problem leaves no one behind, for intuitive thinkers who rely on their gut instinct simply turn to their devices rather than their brainpower.

In three experiments that involved a total of 660 participants, the research team analyzed users' smartphone habits in relation to their cognitive style and verbal

and quantitative skills.

The same participants performed better on the same tests and demonstrated greater willingness to think analytically when they were separated from their smartphones, according to the study.

"Our research provides support for an association between heavy smartphone use and lowered intelligence," says co-author Gordon Pennycook, a PhD candidate in psychology at the University of Waterloo.

"Whether smartphones actually decrease intelligence is still an open question that requires future research."

The study, published in the journal *Computers in Human Behavior*, bears grim implications on the cognition of an aging population.

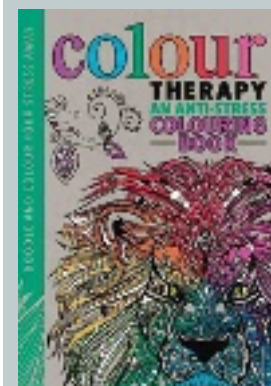
"Our reliance on smartphones and other devices will likely only continue to rise," says Barr.

"It's important to understand how smartphones affect and relate to human psychology before these technologies are so fully ingrained that it's hard to recall what life was like without them. We may already be at that point."

To recall what life was like in the pre-smartphone era, try leaving the house without it every once in a while — it might do more good than harm.

AFP

Therapy



Latest adult colouring book focuses on anti-stress benefit

A growing trend among adults, colouring books are said to help de-stress and unwind and are slowly taking off outside Europe, where the trend originated.

The latest example, *Colour Therapy: An Anti-Stress Colouring Book*, is out this week in Britain before heading to the other side of the Atlantic in June.

A way of passing the time and clearing one's thoughts — during breaks from *Candy Crush*, at least — colouring books began taking off in France a few years ago and have grown increasingly popular there; among them, books by Lisa Magano have been nearly instant hits and *Secret Garden* (sold in France as "*Jardin secret*") by Johanna Basford was a success in 2013.

Basford's book also became a popular title in the U.K., where the trend is picking up speed. AFP

3 LIFE



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LEARNING CURVE

Athabasca University students discover innovative solutions

Students build their own study program

Athabasca University's master of arts — integrated studies (MA-IS) degree program provides graduate students with a unique opportunity to take a program of study that spans the arts, humanities, and social sciences.

The part-time program requires students to put together their own study program based on the area on which they have chosen to concentrate. There are about a dozen focus areas, ranging from educational, cultural, and equity studies to global change, writing and new media, and work, organization and leadership.

Students are taught to think holistically, critically, and reflectively, and to focus on the articulations and points of overlap between specialized and generalized knowledge, says Wendell Kisner, MA-IS program director.

Learning integrates theories, methods and practices from the arts, humanities and social sciences. Exposure to a range of disciplines and interdisciplinary methods

prepares students to discover innovative solutions to a variety of problems, he says.

"We're unique in the way we address integration. Each MA-IS course is a learning event, in which an ensemble of learners brings about the integration of interdisciplinary approaches to issues important to them through their collective, as well as individual work. As part of that ensemble, the instructor contributes his/her specific disciplinary expertise, as well as skills of facilitation and mentoring."

Athabasca University is an open university that makes education as accessible as possible to people who might otherwise not be able to attend university.

Most students take the programs as part-time distance learning students. They do their programs online from where they live without having to quit their jobs to study full time.

MA-IS is a 33-credit program with 12 credits counting towards the focus area.

"We're actually seeing a renaissance in interdisciplinary study in academia," Kisner says. "All kinds of issues require this approach if we're going to be relevant to the modern world."

For more, visit mais.athabascau.ca.



CONTRIBUTED

"We have a hunger of the mind, which asks for knowledge all around us."

› Maria Mitchell: Obsessed Observer

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It is critical that you do your homework, ask the right questions and listen to the answers before committing to a program of study and a college. Job prospects after graduation and compensation are key questions, as are questions related to the educational institution.

"At Trillium College, we strive to ensure that we have the right students for the right program for the right reasons and at the right time," says Jamie Hartling, managing director.

"This usually means a lot of questions from both sides, but results in students who are clear on what they want to become and how they are going to achieve it. Everything relates back to employment. Graduation is a milestone, but the



Trillium College massage therapy students at their Thursday public clinic day. CONTRIBUTED

real celebration occurs only after our graduates are working in the field they trained for."

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For information call 1-855-234-2008, visit trilliumcollege.ca or stop by the campus at 75 Albert St.

Langara puts Studio 58 students in the spotlight

If you have always dreamed of a career in theatre, welcome to the stage at Studio 58 at Langara College in Vancouver.

Studio 58 is a professional theatre training program and provides intensive training for actors and production personnel at an industry standard.

As one of Canada's top training programs offering a conservatory style, the emphasis is on practical training with technique classes during the day and productions at night (a sold-out run of Oklahoma is just finishing).

Students in both the three-year acting program and the two-year production program learn all aspects of theatre, says Sherri Sadler, a spokesperson for the program.

Production students take acting classes so they have a good understanding of what it means to be an actor.

Conversely, acting students spend time on production crews.

By the time students receive their diplomas, they have worked with professional directors and designers and are prepared for a diverse career in theatre, film, television, and related arts.

Celebrating its 50th anniversary next



CONTRIBUTED

year, Studio 58 has a successful placement rate with more than 90 per cent of students having agents and contracts at graduation.

The application deadline for upcoming auditions is April 10.

Auditions are being held in Toronto, Ottawa, Edmonton, Winnipeg and Vancouver.

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L to R – Sean Sonier, Warren Abbott, Erin Cassidy, Arash Ghorbani (seated), Markian Tarasiuk & John Cook. ONE FLEW OVER THE CUCKOO'S NEST, directed by Partick McDonald. Photo by David Cooper.

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604.323.5652 | studio58@langara.bc.ca
www.studio58.ca

APPLICATION DEADLINE: April 10, 2015



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Veggie meal packs a protein punch

Health Solutions

Learn to love Brussels sprouts



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Brussels sprouts are little baby cabbages with all of the same nutrients.

The anatomy of Brussels sprouts

They are absolutely adorable when they grow on a tall, sturdy stock and look like little buttons.

They are hearty, cold-weather vegetables that can handle a frost or two, which is why they are usually harvested in fall.

Fresh versus frozen

Raw and fresh, they do require about the same kind of attention as green beans in that they need to be trimmed of the woody end.

Honestly, this is one of the vegetables that I actually prefer to buy frozen. Straight out of the freezer, they are more tender and

pre-trimmed so a quick steam makes a weeknight meal a breeze.

Nutrition value

Nutritionally they do pack a punch with one sprout providing 35 per cent of a day's worth of vitamin K.

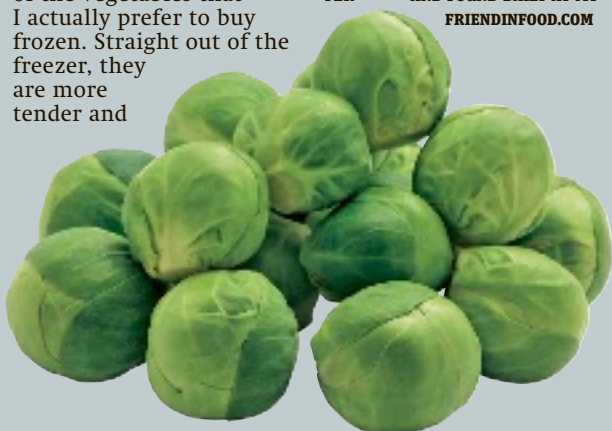
They are also high in vitamins C and A as well as potassium and fibre making them the perfect heart-healthy choice.

Cook them right

The trick to brussel sprouts is to not overcook them. Doing so creates a disgusting sulphur smell.

You do, however, have to score them to be sure they cook through the tougher base. Roasting helps to caramelize the sugars and make for a sweeter, softer vegetable pleasure.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MY-FRIENDINFOOD.COM



TOTAL TIME
30 MINUTES

This recipe makes four main servings, or eight side-dish servings. THERESA ALBERT

Dinner. Instead of boiling mini cabbages, try roasting them in this low-calorie Tofu and Brussels Sprouts side dish

Tofu has long been discussed as a functional food for managing menopause because of its plant-based estrogen.

But it is also a great, low-calorie, lean protein that can

be delicious when roasted with Brussels sprouts.

This is a great side dish but it is also a perfect vegetarian meal on its own. Simply bake the dish in single serving dishes and top with a bit of Parmesan cheese.

1. Toss Brussels sprouts with tofu and spread into a large, low casserole. Drizzle and toss with melted butter and sprinkle with thyme.

2. Bake in 400 F oven for 20-25 minutes until they begin

to brown.

3. Mix together Parmesan cheese and ground flax; salt and pepper as desired. Sprinkle on top and bake for 5-10 more minutes.

THERESA ALBERT

Ingredients

- 4 cups frozen baby Brussels sprouts
- 6-8 oz organic firm tofu, small

- cubes
- 1 tbsp melted butter
- 1 tsp fresh thyme

- 1/4 cup grated Parmesan cheese
- 2 tbsp ground flax
- Sea salt and pepper

Flavour tofu with intense sauce

1. Cut block of tofu in half horizontally to create 2 thick slabs. Wrap each slab in clean kitchen towel and place on plate. Place second plate on top

of tofu, then weigh down with several heavy cans. Press in this manner for 30 minutes to drain water from tofu and firm up. Unwrap tofu and cut each slab

into 1/2-inch pieces. Set aside.

2. In bowl, whisk together the orange juice, water, hoisin, soy sauce, chili-garlic sauce, cornstarch and sesame oil. Set aside.

3. In nonstick skillet over medium-high, heat 1 1/2 tablespoons vegetable oil. Add half of tofu pieces, sprinkle with salt, then cook, stirring occasionally, until golden brown, 10 minutes. Use slotted spoon to transfer tofu to bowl. Repeat with another 1 1/2 tablespoons of oil and remaining tofu.

4. Return skillet to heat and

add remaining 1 tablespoon of oil. Add red pepper and cook, stirring, until almost tender, about 3 minutes. Add broccoli and cook 2 minutes. Add ginger and garlic and cook, stirring, 1 minute. Whisk sauce in bowl to make certain cornstarch is dissolved, then add to skillet, whisking. Bring to boil to thicken, then add tofu and cook just until heated through.

5. Arrange a mound of rice on each of 4 serving plates, then top with the tofu mixture and cashews. **THE ASSOCIATED PRESS/SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS.**



This Sautéed Tofu With Broccoli and Red Peppers in Chili-Orange Sauce serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 14-oz package extra-firm water-packed tofu
- 1/4 cup fresh orange juice
- 1/4 cup water
- 2 tbsp hoisin sauce
- 1 tbsp soy sauce
- 2 tbsp chili-garlic sauce
- 1 tbsp cornstarch
- 1/2 tsp sesame oil

- 4 tbsp vegetable oil, divided
- 1 red bell pepper, cored and cut into thin strips
- 6 cups broccoli florets, blanched until crisp-tender, then drained
- 2 tsp minced fresh ginger
- 2 tsp minced garlic
- Brown rice, cooked, to serve
- Toasted cashews, to garnish

NFL

Hughes re-signs with Bills

Defensive end Jerry Hughes had no intention of leaving the Bills just when things are beginning to look up in Buffalo.

The chance to play under new coach Rex Ryan, a defensive specialist, and alongside three Pro Bowl linemen were among the key reasons Hughes re-signed with the Bills on Monday. He signed a five-year contract with a potential worth of more than \$45 million a day before having the opportunity to test the free-agent market.

A person familiar with negotiations provided the player's contract details and spoke on the condition of anonymity because the team did not release those figures.

"We have a lot of unfinished business," Hughes said. "And I'm someone who doesn't like to leave anything undone. I wanted to come back with these guys so we could take care of that and get that accomplished." **THE ASSOCIATED PRESS**

Police: Johnson unco-operative after shooting

New York Jets running back Chris Johnson was unco-operative with deputies who responded over the weekend to a fatal shooting that left him and a friend with bullet wounds and the driver of their car dead, according to an Orange County Sheriff's Office report released Monday.

Chris Johnson was shot in the right shoulder when someone pulled up next to the Jeep and started firing.

THE ASSOCIATED PRESS

Streaking Senators firing on all cylinders



THE HOCKEY NEWS
Murray Pam
ottawa@metronews.ca

Spring is on the horizon. There's a little bounce in everyone's step, especially so for Senators players and their fans. Who can blame them? A month ago the club was in decline, 12 points out of the final wild-card playoff berth. A 10-1-2 streak has the team sitting just five behind the Bruins with a game in hand.

Recent success can be attributed to Andrew Hammond. After injuries felled Craig Anderson and Robin Lehner, the Hamburglar has taken charge of the crease — compiling a 7-0-1 record with a 1.45 goals-against average and .945 save percentage.

Did the Senators catch lightning in a bottle or are they jelling at the right the moment?

Obviously Hammond's stellar play is a key contributor. However, there are other mitigating factors:

THE CAMERON EFFECT

After 30-plus games, coach Dave Cameron's influence is shining through. His up-tempo, relentless forechecking approach is churning out wins at the right time. Cameron's Senators are pushing play, firing more shots on goal (32.1) and allowing fewer (31.2) per game than under ex-coach Paul MacLean, whose numbers were 28.8 and 34.4, respectively. More shots are resulting in higher goal totals. With Cameron at the helm, the club is averaging three goals



Mike Hoffman has been an integral part of the Senators' success this season with 24 goals. That total is tops among NHL rookies. **ELSA/GETTY IMAGES**

On the outside looking in

3

The Senators control their own fate Tuesday when they face the Bruins. A win closes the gap to three points. Suddenly Sens fans are drawn back into a season that was seemingly lost.

per game. Currently, only four NHL clubs maintain that average.

TOP-SIX SUCCESS

Five of six current first- and second-liners have each scored 16 or more. Mike Hoffman

leads all NHL rookies with 24 and is third league-wide in even-strength markers. Mika Zibanejad has surpassed career highs in goals (17) and points (37). Mark Stone is becoming a dominant two-way winger — third in rookie points (43) and third in the NHL with 65 takeaways. And Bobby Ryan is becoming a playmaker with 32 assists. Who knew?

THE RETURN OF NO. 3

Since Marc Methot returned from injury 25 games ago, Erik Karlsson's game has skyrocketed. With Methot as his blue-line partner, the cap-

tain has 23 points (nine goals and 14 assists) and is a plus-10. Sitting atop the NHL defence-man scoring derby with 50 points, Karlsson once again jumps into the Norris Trophy conversation.

INJURIES OFFER OPPORTUNITY

Long-term injuries to Chris Neil and Zack Smith have allowed Cameron to make a drastic change. The fourth line is no longer playing solely a physical role. The trio of Curtis Lazar, Jean-Gabriel Pageau and Erik Condra drives play using a combination of down-low pressure, skill and speed.

Video shows Hernandez carrying gun: Prosecutors



Aaron Hernandez is accused of killing Odin Lloyd.

ARAM BOGHOSIAN/THE BOSTON GLOBE/POOL/THE ASSOCIATED PRESS

Home surveillance video played for jurors Monday in the murder trial of former New England Patriots player Aaron Hernandez shows him holding what prosecutors say is a gun and leaving his house with two co-defendants hours before the killing.

Hernandez is accused of the June 17, 2013, killing of Odin Lloyd, who was dating the sister of Hernandez's fiancée. Lloyd was found shot to death in an industrial park not far from Hernandez's home.

The video, taken by an extensive surveillance system

Black object

The object in question is difficult to make out in the video, which is taken from across the room and isn't sharp. Hernandez's legal team has suggested it was a remote control or other device.

in and around Hernandez's home, shows him returning home from a night out celebrating Father's Day with his fiancée, Shayanna Jenkins. They are greeted by two of Hernan-

dez's friends, Ernest Wallace and Carlos Ortiz, who are also charged in the murder. Both men have pleaded not guilty and will be tried separately.

Prosecutors played the video Monday during testimony by Jennifer Fortier, 28, who babysat for Hernandez and Jenkins' infant daughter that night.

On one clip, Hernandez can be seen walking through the living room carrying a black object at about 12:45 a.m. Fortier, who was there at the time, testified that she didn't see the object. **THE ASSOCIATED PRESS**

NBA

Injured Rose eyes return this season

Chicago Bulls guard Derrick Rose said Monday he thinks he will be back this season after last month's knee surgery, but he isn't putting a firm timetable on his return. Rose said "whenever I feel right, that's when I'm going to step back."

THE ASSOCIATED PRESS

Paralympics

Huot's joy as stolen medals re-awarded

Benoit Huot's smile was nearly as bright as the Paralympic medals around his neck.

A little more than six months after the star swimmer had seven medals stolen from his home, he got five back Monday. The stolen hardware was never recovered, but replacements

of Paralympic and Commonwealth Games medals were re-awarded to him at a ceremony at a Montreal high school. Two other medals from Para Pan-Am games have yet to be replaced. "The last six months have been tough, so to have the medals back is something I'm really happy about," said the 31-year-old Huot.

Burglars broke into Huot's home in Longueuil, Que., took



Benoit Huot THE CANADIAN PRESS

gold and bronze Paralympic medals and a bronze, silver and gold from Commonwealth Games among others.

THE CANADIAN PRESS

Cricket World Cup

Plucky minnows Bangladesh shock lacklustre England

England's forgettable World Cup is all but over after a 15-run loss to a Bangladesh lineup destined to become stars in their homeland after reaching the quarter-finals for the first time.

THE ASSOCIATED PRESS

MLB

A-Rod not talking up early form

Alex Rodriguez is downplaying his early spring training success at the plate. Rodriguez went 2-for-3 and singled in a run for his first RBI since a season-long drug suspension, helping the New York Yankees beat the Tampa Bay Rays 4-3 Monday.

THE ASSOCIATED PRESS

When the Goins gets tough, Ryan goes back to basics

Battle for second base.

Texan is drawing from his youth to improve batting as competition heats up for roster spots

Ryan Goins went home to Round Rock, Texas, this winter, looked up his old friends at a local batting cage, and immediately went to work on his hitting.

Nothing out of the ordinary for the 27-year-old Jays second baseman, except for the frame of mind he brought with him.

"I think I had a lot of (hitting) information that wasn't successful for me last year so I just went back to my hitting from school and the minor leagues, just simplify things a bit," Goins said as a Jays split squad lost 1-0 to Houston on Monday. Toronto's other half fell 6-4 to Detroit in Lakeland, Fla.

Goins entered Jays camp in a five-way dogfight for second base — Ramon Santiago, Steve Tolleson, Munenori Kawasaki and Goins all have designs on either winning the job outright, or earning a roster spot.

Goins won the job out of

camp a year ago, but his .188 average ultimately led to a sentence in AAA Buffalo, allowing Kawasaki to play second regularly after May.

There is more competition this year, with a slight shift in focus. "We have good players in camp and Gibby (manager John Gibbons) has moved (Izturis and Tolleson) around to shortstop and third base, so its not, 'I'm the starting second baseman,' it's what role I fit into," bench coach DeMarlo Hale said. The Jays are looking for versatility in part because of shortstop Jose Reyes, whose value in the field — as measured by defensive runs saved, ultimate zone rating and defensive WAR metrics — has declined bit by bit over the past several seasons.

In an innovative analysis by USA Today last month, Reyes' defence was rated based on defensive runs saved; results were based on a study using film and computer technology from Baseball Info Solutions, pitting Reyes' defensive attempts against his shortstop peers.

UZR (ultimate zone rating) and defensive WAR metrics were also cited, and all studies revealed a decline in Reyes' defence but he has battled hamstring, ankle, and shoulder in-

Quoted

"I had a lot of (hitting) information that wasn't successful for me last year so I just went back to my hitting from school and the minor leagues, just simplify things."

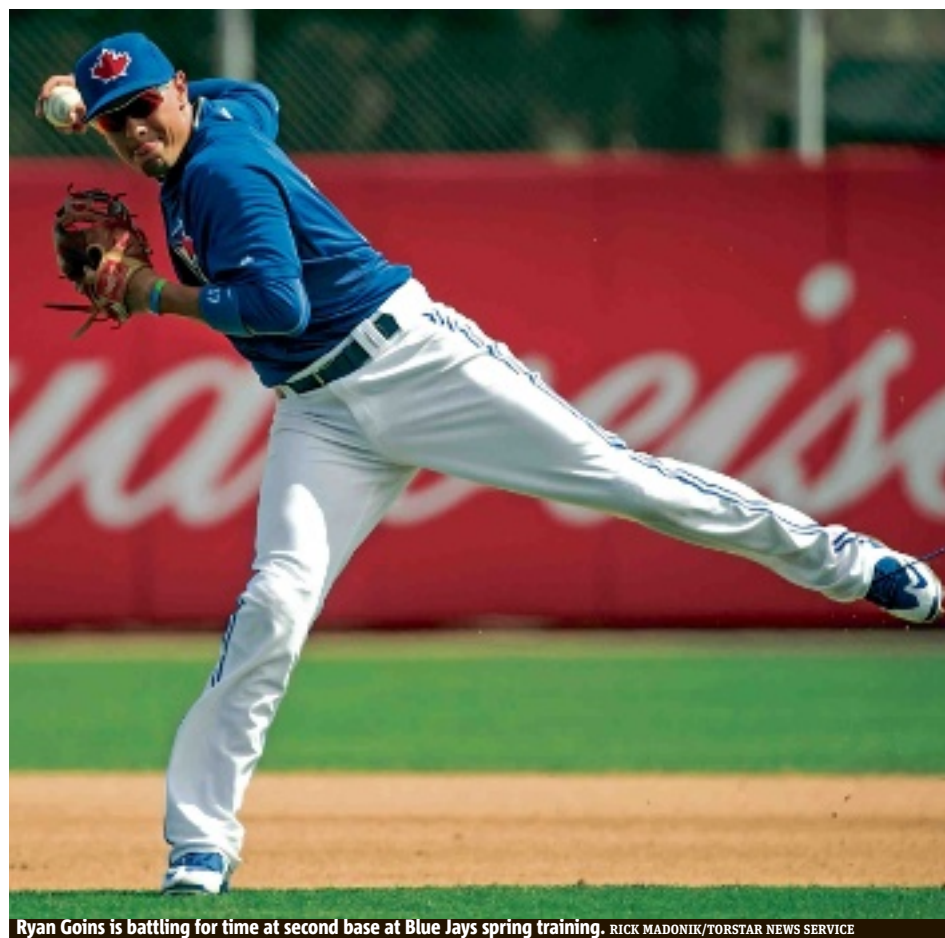
Toronto Blue Jays Ryan Goins

juries in recent years.

In addition, he remains an above-average hitter, but his offensive stats are also relatively mid-level for a leadoff hitter. Though he is key to the Jays' plans, there is no secret he will be given more off-days and replaced for defensive purposes, depending on situations.

As for the Jays' second basemen, Maicer Izturis, recovered from his season-ending knee surgery in 2014, and appears to be the favourite for the starting job. Izturis wears a brace now when he plays, and requires treatment almost daily to loosen his knee joint before taking to the field. Goins has the best range and glove of any infielder in the organization and, while he has flashed brilliance at second, his true position is short.

TORSTAR NEWS SERVICE



Ryan Goins is battling for time at second base at Blue Jays spring training. RICK MADONIK/TORSTAR NEWS SERVICE

Welbeck back to haunt Van Gaal as United exits cup



Arsenal's Danny Welbeck scored winner against his former club GETTY IMAGES

Danny Welbeck scored the winner on his return to former club Manchester United as Arsenal won 2-1 at Old Trafford on Monday to reach the FA Cup semifinals and stay on course to defend the trophy.

Angel Di Maria's 77th-minute sending-off for two yellow cards — one for

diving and the other moments later for tugging the referee's shirt in protest — completed a disappointing evening for United, which is almost sure to end the season without a trophy.

United sold Welbeck on transfer deadline day last summer, with manager Louis van Gaal saying he

wasn't up to the standard of the club's strikers, but he showed great instincts to pounce on Antonio Valencia's poor back-pass and score in the 61st. The England striker rounded David De Gea, slotted the ball into an empty net and celebrated by clenching his fists.

Wayne Rooney's diving

header in the 29th cancelled out Nacho Monreal's well-worked opener four minutes earlier for the visitors, who joined Aston Villa in the last four.

The Bradford-Reading and Liverpool-Blackburn quarterfinal matches ended 0-0, forcing replays.

THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers.
It's OK. No one's watching.



Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20
With your ruler Mars on great terms with luck planet Jupiter you will make a big impression over the next 24 hours. Don't let your ego get out of hand.

♉ Taurus

April 21 - May 21
The answers are easy to find but ask the right questions. Take a look at the world. Who is in charge? Answer that question and all else will fall into place.

♊ Gemini

May 22 - June 21
The dice are loaded in your favour. All you have to do is throw them with confidence. On the work front especially you need to take a few risks.

♋ Cancer

June 22 - July 23
With Mars and Jupiter perfectly aligned today success is a foregone conclusion. No matter how many times you have been rebuffed in the past you will get what you want now.

♌ Leo

July 24 - Aug. 23
Set yourself a challenge and go all out to make a success of it. Jupiter in your sign, although moving retrograde, makes this the kind of day when limits do not exist, at least not for you.

♍ Virgo

Aug. 24 - Sept. 23
You may be logical but try not to be too rational in your thinking today because it will limit you. If you want something enough you will find a way to get it.

♎ Libra

Sept. 24 - Oct. 23
Make an effort to talk to loved ones and find out what they think. Cosmic activity in your opposite signs of Aries means that if you are nice to people they will be nice to you.

♏ Scorpio

Oct. 24 - Nov. 22
If you focus on a problem to the exclusion of everything else you'll find the solution you need. The answers you require are in your mind already.

♐ Sagittarius

Nov. 23 - Dec. 21
Cosmic activity in your fellow Fire signs of Aries and Leo means everything comes easy to you at the moment. But that does not mean you no longer have to make an effort.

♑ Capricorn

Dec. 22 - Jan. 20
Follow your intuition over the next 24 hours, even if it leads you in a strange new direction. Just because a lot of people are moving down one path does not mean it is the right path.

♒ Aquarius

Jan. 21 - Feb. 19
Do something today that takes others by surprise. It should remind those you live, work and do business with that you shouldn't be taken for granted.

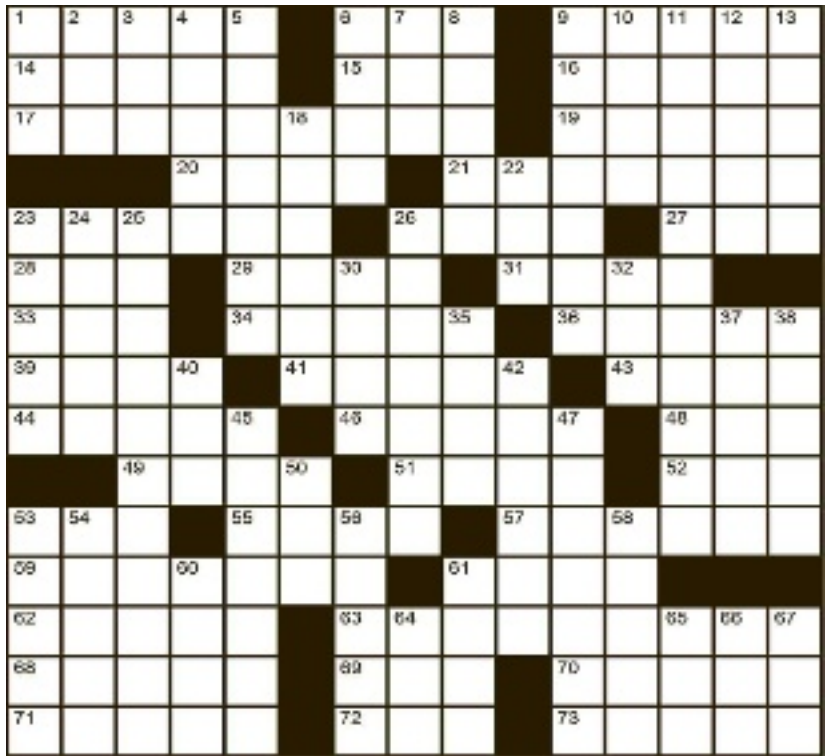
♓ Pisces

Feb. 20 - March 20
Do you have what it takes to succeed? Yes! You may be a Pisces, one of the nicest signs in the zodiac, but that doesn't mean you can't be ambitious!

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Moon shape, e.g.
6. Since-ancient-times dog
9. Beeping communicator
14. Nouveau __ (New-wealth set)
15. Jackie O's hubby
16. Feminine inner self, in Jungian psychology
17. Canadian frozen yogurt chain founded in 1986: 2 wds.
19. Pancake-on-pancake-on...
20. Bail
21. Daytime movie
23. Backup the file again
26. 1991 Extreme hit: " __ Hearted"
27. Mr. Shackelford
28. Li'l elevation
29. American univ.
31. Spill the beans
33. 'Law' suffix
34. Commandment word
36. Followers
39. __ upswing: 2 wds.
41. Canadian mixed martial artist, __ 'The Spartan' Theodorou
43. Bargain
44. Ancient water nymph
46. 'A.' of President James A. Garfield
48. Dick Dyke link
49. Actor Will
51. Edmonton sch.:



- letter + wd. + letter
52. Time-saving abbr.
 53. "Great catch!"
 55. Borscht ingredi-
 57. Loved one
 59. Activity signer-upper
 61. Fan's favourite
 62. Decorative edg-
 63. Sandra L. __,

- Master of the Royal Canadian Mint
68. Piano exercise
 69. Stop
 70. __ Robina, Parenting Expert on "Cityline"
 71. Earlies opposites, say
 72. Place
 73. Flower kind

Down

1. Discharge droplets
2. Brazilian city
3. Hosp. recording
4. Solomon to __ (W.B. Yeats poem)
5. Calgary-head-quartered oil sands company
6. Go separate ways
7. Montevideo is its cap.

8. Gadget
9. Pinks and peaches and lilacs
10. Against
11. Ice Age rodent in North America: 2 wds.
12. Master of ceremonies
13. Made money, with In
18. Arrow: French

22. Greece neighbour [abbr.]
23. Silk-like fabric
24. Female werewolf on Space's "Bitten"
25. Like some McCain fries: 2 wds.
26. North Pacific flatfish
30. __ Land (Los Angeles, colloquially)
32. Knowing interjections
35. Tropical tuber
37. Make happy
38. Coinage in Coventry
40. Glaswegian's 'No'
42. Terell __, "Turn the Leaf" (Prod. Preme Diesel) recording artist from Vancouver
45. Weighs the pros and cons
47. "Vogue" song-stress
50. Stimp's co-star
53. Drive bugs away
54. The Body Shop founder Ms. Roddick
56. Singing: Ms. Merman
58. Gymnastics: Ms. Korbut's
60. Emulated an equestrian
61. '500' car race
64. " __ Maria in Novela Land" (2015)
65. Blaster!
66. Roman I's amount
67. Big Apple hockey team [acronym]

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

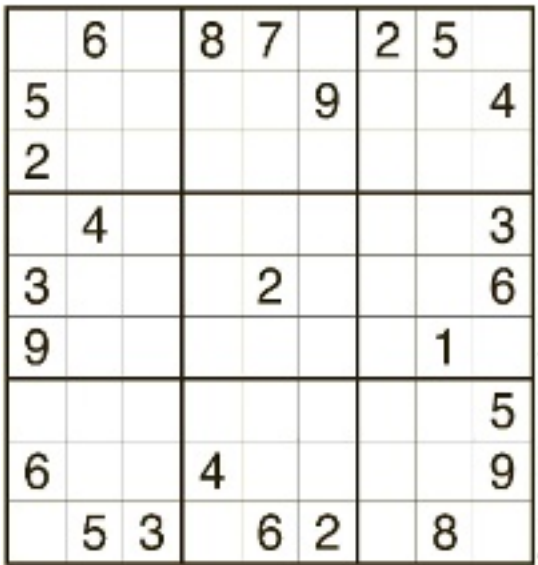


Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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